

NOVEMBER 12, 2007

FALL FAVORITES: HOT & HEALTHY

MARK YOUR CALENDARS...

- 11/16 - 11/17: **Vincennes Old-Fashioned Christmas Stroll**
- 11/16 - 11/18: **International Festival in Indianapolis**
- 11/17 - 11/18: **Winterfest in Portland**
- 11/17 - 12/31: **Christmas City Walking of Lights in Marion**
- 11/23: **45th Annual Circle of Lights celebration downtown Indianapolis**
- 11/23 - 12/23: **Christmas in Brown County in Nashville**

Log onto visitindiana.com
for more upcoming events
as Fall turns
over and Winter
blows in!

There is something wonderful about enjoying a hot bowl of chili on a brisk day. Especially when it's a quick homemade recipe!

White Chicken Chili

Serves 6

Ingredients

- 1 can (10 oz) white chunk chicken
- 3 cups cooked white beans
- 1 can (14.5 oz) low-sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 medium onion, chopped
- 1/2 medium green pepper, chopped
- 1 medium red pepper, chopped
- 2 garlic cloves, minced
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- Cayenne pepper, to taste
- 6 Tbsp shredded reduced-fat Monterey Jack cheese
- 2 Tbsp chopped fresh cilantro
- 6 oz. baked tortilla chips (about 65 chips)

Directions

1. Combine chicken, beans, tomatoes & chicken broth in a large soup pot. Cover & simmer on medium heat.
2. Spray frying pan with cooking spray. Add onions, peppers & garlic.

3. Sauté until soft (3-5 min.).
4. Add onion & pepper mixture to the soup pot. Stir in chili powder, cumin, oregano & cayenne pepper (if desired).
5. Simmer about 10 min. or until all vegetables are soft.
6. Serve into bowls & sprinkle each serving with 1 Tbsp cheese & 1 tsp cilantro.
7. Serve with baked chips on side.

Serving suggestion: About 2 cups = 376 calories, 5g of fat, 12g of fiber, 25g of protein, 60g of carbohydrates, 474 mg of sodium



Source: MayoClinic.com

WORK. HOLIDAYS. SLEEP?

Holiday festivities are just around the corner which may push some routines aside, including sleep. However, sleep is vital to your health and work productivity, especially during the holidays. Lack of sleep can cause depression, irritability, poor concentration, fatigue and anxiety. A busy work schedule and holiday planning don't have to take a toll on your health! Try to relax and enjoy this wonderful time of year with a few suggestions.

- Prepare NOW for the upcoming weeks and make checklists. What needs to be taken care of now?
- Try to get 7-8 hours of sleep, the recommended amount of sleep for adults. Maintain a regular bed and wake time schedule including weekends.
- Create a sleeping environment that is dark, quiet, comfortable and cool.
- Check your pillows and mattress to make sure they are comfortable. Have they exceeded their estimated 10 year life expectancy?
- Finish eating 2-3 hours before bedtime.
- Exercise regularly and avoid caffeine close to bedtime.
- Make sure to save some time each day for yourself.

Source: National Sleep Foundation

EATING & WELLNESS WHILE YOU WORK

Too busy to eat healthy at work? No way! With these simple solutions you'll find that healthy eating at work is possible and tasty!

Be prepared before the hunger hits...

Stock your work area with a few staples such as:

- Water
- Dried/fresh fruit
- Granola bars
- Pretzels

- Trail mix
- Rice cakes

If you have access to a refrigerator then you may consider:

- Low-fat yogurt & fruit
- carrots, celery, snap peas
- Slice of cheese
- Low-fat cottage cheese
- Fat-free pudding cup

Source: www.aarp.org